



# Guide to Health and Wellness Standards for Out-of-School Time Programs

Studies show that healthy, active children learn better, perform better academically and experience fewer behavioral problems. But many children aren't getting the healthy food and physical activity they need each day. Afterschool and summer learning programs are well positioned to be key partners in a comprehensive effort to help children grow up healthy. In 2011, the National AfterSchool Association (NAA) adopted standards for healthy eating and physical activity (HEPA) in out-of-school time. Here's a summary.

## Summary of NAA HEPA Standards

Standard Area	Key Points
Food and Beverages	<ul style="list-style-type: none"><li>• Every snack should include a fruit or a vegetable.</li><li>• Minimize the inclusion of pre-fried foods and foods with added sugars and artificial ingredients.</li><li>• Include locally sourced, seasonal ingredients when possible.</li><li>• Provide developmentally appropriate, culturally competent nutrition education.</li></ul>
Physical Activity	<ul style="list-style-type: none"><li>• Offer daily outdoor physical activity.</li><li>• Include competitive activities like basketball and soccer as well as noncompetitive activities like dance and yoga.</li><li>• Offer activities that are adaptable and accessible for children with a diversity of needs.</li><li>• Offer exercise time based on the following guidelines:<ul style="list-style-type: none"><li>○ 1-hour program – 5-10 minutes</li><li>○ 2-hour program – 10-20 minutes</li><li>○ 3-hour program – 15-30 minutes</li><li>○ 4-hour program – 20-40 minutes</li><li>○ 5-hour program – 30-60 minutes</li></ul></li></ul>
Staff Training	<ul style="list-style-type: none"><li>• All staff receive annual professional development in healthy eating, nutrition and physical activity.</li><li>• Staff are trained in positive behavior management and logical consequences.</li></ul>



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Culture and Support	<ul style="list-style-type: none"><li>• Food isn't used as a reward and is never withheld as punishment.</li><li>• Provide children and families with education and outreach about healthy eating and physical activity.</li><li>• Staff model healthy eating, physical activity and positive self-talk.</li></ul>
Organizational Infrastructure	<ul style="list-style-type: none"><li>• Engage in continuous program improvement practices, including self-assessment, planning and revision.</li><li>• Offer coaching and mentorship to staff to improve health and wellness practice and facilitation.</li><li>• Utilize all relevant nutrition programs to maximize access to healthy foods.</li></ul>
Physical Space	<ul style="list-style-type: none"><li>• Decorate the space with posters and art to promote healthy eating and nutrition.</li><li>• Maintain a space that's safe and equipped for program activities.</li><li>• Don't display advertising materials from food and beverage companies that aren't aligned with the health mission of your 21<sup>st</sup> CCLC program.</li></ul>

### Resources

#### NAA HEPA Standards

English version: <https://indd.adobe.com/view/681ce31e-c7b2-4ab2-983d-d644ffb6b71d>

Spanish version: <https://indd.adobe.com/view/3d41ae98-aa4e-4050-be00-0335b6913ba0>

#### NAA HEPA Standards Self-Assessment Tool

[https://naaweb.org/images/HEPA Standards 2018 Self-Assessment Tool-Editable.pdf](https://naaweb.org/images/HEPA%20Standards%202018%20Self-Assessment%20Tool-Editable.pdf)

#### Alliance for a Healthier Generation — Planning Template and Implementation Guide

<https://www.healthiergeneration.org/our-work/out-of-school-time>